

**Abstract of the Disclosure**

**Disruption of Cells and Tissues**

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A method for disrupting cells and/or tissues employs a disrupter with a disruption element having an outer dimension that is slightly smaller than the inside dimension of a container in which a sample is place to be disrupted. Devices for disrupting cells and/or tissues are also presented. The device and methods are used in processes such as the extraction of nucleic acids.

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